

Community Focus

FROM YOUR FRIENDS AT **CHESTERFIELD GENERAL HOSPITAL**



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Healthbriefs

› Multivitamins may lessen cancer risk

Ever wonder if that multivitamin you take every morning is actually having a health benefit? Well, for men, it may lower the risk of cancer, according to a new study published in *The Journal of the American Medical Association*. The study tracked more than 14,000 male doctors, all at least 50 years old, who were randomly assigned to take either a multivitamin or a placebo each day. After about 11 years, researchers found an 8 percent reduction in total cancers among men who took the multivitamins. However, the study found no impact on rates of prostate cancer, the most common type of cancer among the men in the study.

While the connection between multivitamins and cancer risk is still unclear, scientists hypothesize that multivitamins may help because they mimic the content of fruits and vegetables, which have been linked with cancer reduction. Multivitamins are beneficial in preventing vitamin and mineral deficiencies.

› What's the beef?

A juicy, pan-fried steak can sure hit the spot. But that delicious piece of red meat may actually increase your risk of prostate cancer by up to 40 percent. A new study examined the data of nearly 2,000 men involved in a prostate cancer study and asked them questions about the types of meat and poultry they ate, how they cooked it and how well done they liked their meat. The results showed that men who ate more than 1.5 servings of pan-fried meat per week increased their risk of advanced prostate cancer by 30 percent, and those who ate more than 2.5 servings per week increased the risk by 40 percent.

Researchers think that the increased risk results from cancer-causing chemicals that are formed when sugars and amino acids are cooked at higher temperatures for longer periods of time. To lower your cancer risk, limit the amount of fat you consume from animal sources, and instead eat plenty of fruits and vegetables and foods such as whole grains and beans.



› Secondhand smoke affects more than your lungs

If you misplaced your keys this morning, don't be so quick to blame your age. In addition to affecting your lungs, new research suggests that secondhand smoke may contribute to memory lapses, too. When comparing the memory function of a group of smokers to two groups of nonsmokers, scientists found that smokers performed the worst on memory tests, forgetting 30 percent more than nonsmokers who weren't exposed to secondhand smoke. Interestingly, one group of nonsmokers—people who had been regularly exposed to secondhand smoke for an average of more than four years—forgot almost 20 percent more in the memory tests than the nonsmokers who weren't exposed to secondhand smoke.

Avoiding secondhand smoke can have numerous benefits because smoking is also linked to other serious conditions, such as lung cancer. For some, memory loss may be unavoidable, but keeping your mind active may help strengthen your memory. Change up your routine and challenge your mind with new situations. Exercise, such as walking, and games, such as puzzles, are a great way to work out your mind.





The game plan: Avoid sports injuries

➤ While physical activity is key to overall health, doing too much too quickly—or without proper training or equipment—can take a toll on your health in the form of an injury. But fear not: You can help prevent sports injuries by taking a few simple precautions.

Gain without pain

Middle-aged athletes are particularly vulnerable to injury. Why? With age comes a loss of agility and resilience, especially if it's been a while since you've been active. While you can certainly gain strength, flexibility and balance through exercise, slow and steady is the name of the game. To help prevent injury, follow these do's and don'ts:

- **Don't try to pack a week's worth of activity into a weekend.** Aim to maintain a moderate level of activity throughout the week.
- **Do warm up before exercise,** even before less vigorous activities like golf. Cool down after vigorous activities to

bring your heart rate down gradually.

- **Do use proper form** to reduce your risk of overuse injuries like tendinitis and stress fractures.
- **Do use appropriate safety gear.** Depending on the sport, this may mean knee or wrist pads or a helmet. Make sure your equipment is the correct size, fits well and is in good repair.
- **Do accept your body's limits.** You may not be able to perform at the same level you did 10 or 20 years ago. Modify activities as necessary.
- **Don't increase your exercise level too quickly.** Build up gradually, especially if you've been inactive.
- **Do cross-train.** Not only does striving for a total body workout of cardiovascular, strength training and flexibility exercises promote overall fitness, it also reduces injury risk.
- **Do stay hydrated.** Drink water before, during and after your workout—aim for about a cup of fluid every 20 minutes while exercising. ●



Injury symptoms

Never try to “play through” pain. Exercising after an injury may worsen the injury. Sports injuries can be classified into two types: acute and chronic. Acute injuries, such as sprained ankles or fractures, occur suddenly. Symptoms may include:

- a bone or joint that's visibly out of place
 - extreme leg or arm weakness
 - inability to move a joint or place weight on a leg, knee, ankle or foot
 - sudden, severe pain
 - tenderness or swelling
- Chronic injuries, such as tendinitis or stress fractures, occur over time due to repeated use or overuse. Symptoms may include:
- a dull ache at rest
 - pain when you play or exercise
 - swelling



Worried about an injury?

Call your doctor if you experience any of the symptoms listed above.



Diagnosing heart trouble before it occurs

BY JANA HOFFMEISTER, M.D., BOARD CERTIFIED IN INTERNAL MEDICINE AND CARDIOLOGY

About the author

Jana Hoffmeister, M.D., has more than 30 years of cardiology experience. Board certified by the American Board of Internal Medicine in cardiology and internal medicine, she offers cardiology services in Cheraw at Palmetto Cardiology and is a member of the medical staff at Chesterfield General Hospital. To make an appointment with Dr. Hoffmeister, call (843) 921-2080.

Nearly 81 million Americans have one or more forms of heart disease, according to the American Heart Association. Heart disease includes heart attacks, high blood pressure, congenital heart defects or other cardiovascular conditions. Some people are born with conditions or genetic factors that can lead to heart disease at a young age. Other forms—such as high blood pressure, high cholesterol or atherosclerosis (a narrowing of the arteries)—develop later in life.

To protect against heart disease, we can eat a healthy diet, exercise regularly, maintain a proper weight, watch our cholesterol and get regular checkups. Cardiologists can tell much about the health of our hearts, so we can manage risk factors or conditions and live longer. The good news is most heart problems can be corrected, or at least minimized, with proper treatment. Chesterfield General Hospital offers cardiac services and treatment right here in Cheraw. Diagnostic cardiac tests include:

➤ **Nuclear imaging.** Nuclear imaging technology is paired with stress testing and allows doctors to measure blood flow to the heart during exercise and rest periods. Diminished blood flow during exercise may indicate coronary artery disease.

➤ **Heart catheterization (angiography).**

Minimally invasive and painless, this procedure allows the doctor to see inside the heart and surrounding structures. A catheter is inserted into an artery or vein in the arm or groin, then advanced

into the heart's pumping chambers or the coronary arteries. The test also measures blood pressure within the heart, the heart's pumping capability and the amount of oxygen present in the blood.

➤ **Echocardiogram (echo).** A simple, painless procedure, an echocardiogram uses ultrasound to see the heart's structure and function and to check for defects or inconsistencies.

➤ **Electrocardiogram (EKG or ECG).** An electrocardiogram is a simple test that records the heart's electrical activity and pinpoints the source of heart problems, such as heart attack, irregular heartbeat or lack of blood flow.

➤ **Stress test.** A cardiac stress test—usually performed while the patient exercises on a treadmill—helps evaluate arterial blood flow to the heart muscle during physical exertion, as opposed to blood flow while at rest. The stress test can also measure overall cardiovascular fitness.

➤ **Cardiac rehabilitation.** After a heart attack or surgery, cardiac rehab puts patients back on the road to good health and teaches ways of minimizing heart-related problems through lifestyle modifications. A medically supervised program, cardiac rehab includes nutrition counseling, smoking cessation, exercise and other behavior modification education. ●



Keeping your heart healthy

Learn more about the cardiac care services offered locally by visiting www.ChesterfieldGeneral.com.

A guy's guide to prostate health

June is Men's Health Month



Get screened today

If you have concerns about prostate cancer, call one of Chesterfield General Hospital's family practice or internal medicine physicians listed below for more information or to schedule an appointment.

Prostate cancer is the most common non-skin cancer in men in the United States, and it's the second-leading cause of cancer death in men, according to the Centers for Disease Control and Prevention. The risk of developing prostate cancer increases with age, usually affecting men older than age 60. The risk is even greater for African-American men and for men who have a family member who has had prostate cancer.

Who should be tested?

The American Urological Association (AUA) recommends prostate-specific antigen (PSA) screening and a digital rectal examination (DRE) for men older than age 40 who have a life expectancy of more than 10 years. Although the U.S. Preventive Services Task Force discouraged routine PSA testing in 2012, the AUA believes that, for most men, the benefits of prostate cancer screening and early detection are worthwhile. Before PSA testing, the majority of prostate cancers were diagnosed after they already had spread to the bones or other sites outside of the prostate. Currently, more than 90 percent of prostate cancers that are diagnosed are confined to the prostate.

Early diagnosis is key

PSA may not be a perfect test, but it's one of the best prostate cancer screening

blood tests available. Men who are in good health and have at least a 10-year life expectancy are given the option to be tested. Men with a family history of prostate cancer or who are African-American are considered higher risk and should undergo routine PSA screening. Prostate cancer needs to be found early when it's still at a curable stage. ●

Find the doctor you need



➤ **Jeff Brock, M.D.**
Board certified in family medicine
Chesterfield Family Medicine
(843) 537-2476



➤ **John McLeod III, M.D.**
Board certified in family medicine
McLeod Family Medicine
(843) 537-9932



➤ **Rochelle Hammett, M.D.**
Internal medicine
Carolina Physicians Group
(843) 537-5112



➤ **Travis Novinger, M.D.**
Board certified in family medicine
Palmetto Family Medicine
(843) 921-4851



➤ **Carl Li, M.D.**
More than 30 years of experience in family medicine
Li Family Medicine
(843) 537-1141



➤ **Joseph Rabinowitz, M.D.**
Board certified in family medicine
Carolina Family Medicine
(843) 921-4704

Drs. Li, McLeod and Novinger are independent members of the medical staff at Chesterfield General Hospital.



HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

Heart palpitations: Causes and treatments

If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland, or arrhythmia, an abnormal heart rhythm.

The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

- > **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.
- > **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- > **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●

When do I need a doctor?

If you've never experienced palpitations before, see your doctor to put your mind at ease. If your palpitations are infrequent and last only a few seconds, evaluation usually isn't necessary. If you have a history of heart disease or have frequent palpitations, talk to your doctor. Call your doctor right away if you have:

- > more than six extra heartbeats per minute or they come in groups of three or more

- > risk factors for heart disease, such as high cholesterol, diabetes or high blood pressure
- > new or different heart palpitations
- > a pulse more than 100 beats per minute at rest

Seek emergency medical help if heart palpitations are accompanied by:

- > chest discomfort or pain
- > fainting or severe dizziness
- > severe shortness of breath

1 All of the following are common allergens except:

- a. pollen
- b. dust
- c. wood
- d. food

2 Anaphylaxis is:

- a. an allergy to latex
- b. a serious, life-threatening allergic reaction
- c. a type of asthma
- d. a minor allergic reaction that doesn't require treatment

3 Which of the following is a type of asthma?

- a. exercise-induced asthma
- b. allergic asthma
- c. occupational asthma
- d. all of the above

4 Symptoms of an asthma attack may include:

- a. wheezing, shortness of breath and chest pain or tightness
- b. sudden numbness, especially on one side of the body
- c. memory loss and difficulty learning new information
- d. a bright red rash that covers most of the body

5 Asthma medications may include:

- a. inhaled corticosteroids ("control" medicine)
- b. short-acting beta-agonists ("rescue" medicine)
- c. both a and b
- d. none of the above

Answers: 1. c, 2. b, 3. d, 4. a, 5. c



Women: Screenings for you

➤ Your best weapon in the fight against disease? Early detection. Generally, the earlier a condition is caught, the more effective the treatment and the more likely you'll be to ward off any complications.

Numerous medical organizations have developed screening recommendations, and opinions vary on the timing and frequency of these screenings. Because of your personal or family medical history, your doctor may recommend a different schedule than the one below. As always, talk with your doctor about the screening schedule that's right for you. ●

Test	What it does	When to get it	Recommendations from ...
Blood pressure screening	Measures the force of blood against artery walls	➤ Age 18+, at least every 2 years	Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
Bone mineral density test	Screens for osteoporosis (weak, brittle bones)	➤ Age 65+, at least once	National Osteoporosis Foundation
Clinical breast exam	Physical exam for breast lumps or irregularities	➤ Age 20–39, every 3 years ➤ Age 40+, yearly	American Cancer Society
Colon cancer screening	Tests for colon cancer	➤ Beginning at age 50, women should follow one of two schedules: ① Tests that find polyps and cancer: flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double-contrast barium enema every 5 years or CT colonography (virtual colonoscopy) every 5 years ② Tests that mainly detect cancer: fecal occult blood test every year or fecal immunochemical test every year	American Cancer Society
Diabetes screening	Tests for high blood sugar	➤ Age 45+, every 3 years	American Diabetes Association
Eye exam	Tests vision and eye health	➤ Age 18–60, every 2 years ➤ Age 61+, yearly	American Optometric Association
Fasting lipoprotein profile	Tests cholesterol levels, a measure of heart health	➤ Age 20+, every 5 years	National Cholesterol Education Program Expert Panel
Mammogram	Tests for breast cancer	➤ Age 40+, yearly	American Cancer Society
Pap test	Tests for cervical cancer	➤ Age 21–29, every 3 years ➤ Age 30–65, Pap test plus HPV test every 5 years	American Cancer Society

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70CGH

Trust the experts



**DAVID BERSINGER,
M.D., FACOG**



LARISSA GUERRERO, M.D.

Two experts in women's health practice in Cheraw at Palmetto OB/GYN. David Bersinger, M.D., FACOG, and Larissa Guerrero, M.D., offer primary care for women, as well as basic gynecological and obstetrical care and gynecological procedures such as laparoscopic hysterectomy, tubal ligation and surgeries to correct urinary incontinence. The practice also offers 4-D ultrasounds for high-resolution fetal imaging. Drs. Bersinger and Guerrero are a team that women of all ages can trust to provide excellent care.

Dr. Bersinger has 20 years of experience in obstetrics and gynecology, with 10 of those years spent in Cheraw. He is a fellow of the American College of Obstetricians and Gynecologists and is board certified in obstetrics and gynecology. Dr. Bersinger is interested in

obesity medicine and offers medically managed weight-loss solutions.

Dr. Guerrero joined Palmetto OB/GYN in March 2012. She speaks fluent Spanish and brings compassion to her care for women and managing high-risk pregnancies. Dr. Guerrero offers extended hours until 7 p.m. on Mondays and Thursdays for your convenience.

Palmetto OB/GYN is located beside Chesterfield General Hospital and accepts most insurances. Call **(843) 921-1211** to make your appointment. ●

Drs. Bersinger and Guerrero are members of the medical staff at Chesterfield General Hospital.



We're here to help

Dr. Bersinger and Dr. Guerrero are accepting new patients. To make an appointment, call **(843) 921-1211**.

